

**SPECIAL  
POINTS OF IN-  
TEREST:**

- Over-the-Counter Medications during Pregnancy
- Helping Children Develop Healthy Habits
- Free Bicycle Helmets from Safe Kids/ KDOT
- Kansas Home Visitor Training Planned
- EPA Awards for Kansas Schools
- Coordinated School Health Workshops in January

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# ZIPS

## Zero to age 21: Information Promoting Success

for Public Health Professionals working with Kansas Kids

VOLUME 4 NUMBER 1

JANUARY 2006

### Celebrating Public Health Providers ~ New Beginnings!

Brenda Nickel, RN, BSN  
Child and School Health Consultant

With the beginning of a new year, it's time to reflect on last year's accomplishments and to look ahead with fresh goals in mind! As I have consulted with nurses and traveled within Kansas this fall, I have been privileged to visit with public health providers about their programs, their accomplishments, and their plans for the upcoming months!

There is a wonderful sense of collegiality between neighboring counties and communities who are partnering together to provide services to families in the various regions. Let's celebrate those individuals, agencies, and communities that are demonstrating innovative, collaborative, and tireless perseverance in promoting good health for Kansans!

**Regional Health Departments**  
The Lawrence-Douglas County Health Department's partnership with local health providers and other community agencies has enhanced health services

to the citizens of Douglas County. After spending an afternoon visiting with Kay Kent and Nancy Jorn, meeting staff, and exploring the collaborative services that are available to the community, it is clear they are a shining example of a "Community of Promise" in our state!

Melanie Cooper at the Sheridan County Health Department in Hoxie attributes the agency's successes to counterparts in other counties who are committed to meeting regularly to discuss concerns and solutions to problems unique in that region.

Judy Seltzer and her staff at Reno County have found that partnering with the Kansas State Fair Board to provide a comfortable, cool, private area for breastfeeding mothers and their babies during the state fair won "grand prize" with families! Posters and notebooks provided in these special areas are filled with grateful, happy "thanks" from the numerous Kansas and out-of-

state visitors who used the breastfeeding room.

In Montgomery County, the health department staff, under the guidance of Ruth Bardwell, works alongside other agencies with the Genesis Program; a non-profit community program was created to assist families in locating resources. Additionally, there is strong collaboration with the local medical providers in Coffeyville and Independence to provide public education and services to families.

Challenges in meeting the health needs of more rural communities are being addressed within the SEK Multi-County Health Departments whose services are led by Diane Bertone. Providing health services to the five counties in this coalition has prompted these agencies to explore new avenues in which to deliver health services and provide health education that will promote healthy choices by those families residing in these communities.



#### Healthy Start Home Visitors

These integral people work in tandem with their nursing supervisors to visit families prenatally and after delivery. Many of our home visitors are actively expanding their repertoire of family support and resources as they seek out new knowledge and skills to become breastfeeding educators and peer counselors. Many Healthy Start Home Visitors (HSHV) are certified car seat technicians, clerks, and a friendly contact person for young families.

I have visited extensively with six HSHV and discovered just how versatile and creative these folk are! Lisa Splattstoesser

in Sheridan County is promoting breastfeeding initiation and support through her leadership with the LeLeche League and her certification as a breastfeeding educator. Vicki Howard in Allen County uses her knowledge gained in Tobacco Cessation Training to provide resources for families.

Mothers and fathers who are incarcerated or involved in the penal system in Reno County have an advocate in Robin Traffas who is visiting those incarcerated and providing support to the families caring for prisoners' children during this challenging time.

Annie Woelhof of Bourbon

County spent two days in Emporia with her nursing supervisor to become a Breastfeeding Peer Counselor. Elaine Covey of Montgomery County has secured snugly handmade blankets through donations from the community and health department nurses to distribute to families. In Ottawa County, Deana Sanchez, who has varied experience within the healthcare community, works alongside her colleague and supervisor, Marilyn Pruitt, to seek out those newly delivered mothers and babies to get them support and resources immediately.

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# PERINATAL HEALTH

## Authors Investigate Women's Use of Over-the-Counter Medications During Pregnancy

"OTC [over-the-counter] medication use during pregnancy is extremely common," state the authors of an article published in the September 2005 issue of the American Journal of Obstetrics and Gynecology. Although the availability of a medication as an OTC product may reflect that it is safe for use by the non-pregnant population, such availability does not necessarily imply that the drug is safe for use during pregnancy. The article describes the extent of OTC medication use during pregnancy and discusses potential public health implications.

The study sample was drawn from participants in the Boston University Slone Epidemiology Center Birth Defects Study (BDS) and the National Birth Defect Prevention Study (NBDPS). In these studies, mothers of infants with and without birth defects were

asked to recall drugs taken during pregnancy for specific illnesses (e.g., a cold or the flu) as well as specific medications taken (e.g., Tylenol, Advil, Aleve). The studies excluded vitamin, mineral, and herbal products.

The authors found that:

\* In both the BDS and NBDPS, acetaminophen was the most commonly taken medication, with 65.5 percent of women taking it at some point during pregnancy. Other commonly taken drugs were ibuprofen and pseudoephedrine, cough medicines and antihistamines, and aspirin and naproxen.

\* Although use of some medications, such as aspirin and chlorpheniramine, has decreased over the years, the use of most has increased during the past two decades; use of ibuprofen, naproxen, diphenhydramine, dextromethorphan, and loratadine

have continued to increase in recent years.

\* Rates of acetaminophen, pseudoephedrine, diphenhydramine, and guaifenesin use during all trimesters of pregnancy were higher than rates during the three months before pregnancy.

\* Rates of analgesic and decongestant use were higher for white women (compared with African-American, Hispanic and Asian-American women), for women with some college (compared with women with less education), and for women ages 20 and older (compared with younger women).

"The common use of OTC medications in pregnancy necessitates further studies to establish safety or to identify risk," state the authors. "In conclusion," they add, "it is imperative that we obtain empiric evidence of whether such exposures are safe."

**I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift would be curiosity.**

— Eleanor Roosevelt

## Report on HSHV Fall Training in Iola

The final Healthy Start Home Visitor Regional training session was held in Iola on December 7 for home visitors in Southeast Kansas, and for those who were unable to attend the previous training sessions. The event was well attended, in spite of a very snowy travel day.

The group heard from Dr. Antigone Means-Burleson, a mental health practitioner in the Southeast Kansas Mental Health Center. She provided two hours of invaluable insight into mental health service provided to families in Southeast Kansas. Dr. Means-Burleson answered questions to

address concerns and to offer new perspectives on how to approach a family or situation that may require mental health services.

The MCH staff from KDHE provided information and materials to help HSHV members link to the NAMI Kansas organization. In addition, the group shared excellent information on HSHV issues, challenges and successes. Finally, a small work group was formed to discuss Client Visit Record (CVR) reporting issues.

The next HSHV training will be April 12 and 13 during the MCH portion of the Spring Public Health Conference. [Register soon!](#)

## Folic Acid Reminder

Although the causes of 60 to 70 percent of all birth defects are unknown, women can take steps to reduce the risk of having a child with birth defects. One essential step in this process is for women to take a daily multi-vitamin containing folic acid. Folic acid plays a role in preventing birth defects, specifically neural tube defects (NTDs).

Folic acid is a B-vitamin necessary for proper cell growth. Since the 1998 implementation of a requirement by the Food and Drug Administration (FDA) that enriched breads, cereals, flours, pastas, rice and other grain products



be fortified with folic acid, the rates of NTDs have decreased by 26 percent. Folic acid is not only good for

pregnant women and their unborn infants, but it is good for the general public.

Research is beginning to show that folic acid may reduce the risk of cardiovascular disease and cancers of the colon, breast and cervix. For further information on the benefits of folic acid go to: <http://www.marchofdimes.com> and search for the term "folic acid."

## Guidelines on Fetal Alcohol Syndrome



and carries lifelong consequences. In 2002, CDC convened a scientific working group (SWG) of persons with expertise in FAS research, diagnosis, and treatment to draft criteria for diagnosing

FAS. A recent report summarizes the diagnostic guidelines drafted by the SWG, provides recommendations for when and how to refer a person suspected of having problems related to prenatal alcohol exposure, and assesses existing practices for creating supportive environments that might prevent long-term adverse consequences associated with FAS. The guidelines are intended to facilitate early identification of persons af-

ected by prenatal exposure to alcohol so they and their families can receive services that enable them to achieve healthy lives and reach their full potential. The report also includes recommendations to enhance identification of and intervention for women at risk for alcohol-exposed pregnancies.

The full report of this SWG is available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5411a1.htm>.

# CHILD HEALTH

## Ways to Stay Healthy in a Class Full of Sniffling Children

Here are suggestions from teachers as provided recently in Edutopia magazine.

Hold your breath! When people cough or sneeze, they let out a very fine mist of droplets, which are riddled with the virus responsible for the sniffles. One of the tricks is to not breathe in the mist. Hold your breath and walk a couple of feet away before taking a deep breath. After 19 years, I haven't missed a single day!

Wash your hands. Wash your hands. Wash your hands.

Each week, my first grade students get to write their spelling words on their desks using shaving cream as the chalkboard. Students get a little squirt of shaving cream, which they spread on their desk with their writing hand. They write their spelling words with their finger and then use a rag to clean the shaving cream off the desk.

**You cannot catch a child's spirit by running after it; you must stand still and for love it will soon itself return.**  
— Arthur Miller

This is great for tactile learners but also cleans their desktops regularly to keep the spread of germs down.

Many classrooms are not equipped with sinks so disinfecting desktops with hand sanitizer pumps has reached the job chart in my classroom. Students spray and wipe the desktops every Friday.

I educate my students about hygiene and germ transmission. But . . . I let them experience it. I put a little bit of ultraviolet glowing powder on the doorknob. After about 15 minutes of normal classroom activity, I explain what I did, and I bring out a black light and have them hold their hands out. The glow of "germs" is everywhere: You can see it all over their desks, on their books, even on their faces. I've done this at the start of 'germ season' for many years, and it gets my point across better than anything I could say to them. (I get my glowing powder, called Glo Germ, at <http://www.teachersource.com>)

Find the full list at [http://www.edutopia.org/magazine/sagetemp.php?id=Art\\_1415&issue=dec\\_05#](http://www.edutopia.org/magazine/sagetemp.php?id=Art_1415&issue=dec_05#)

## 2005 Dietary Recommendations for Children and Adolescents

Since the American Heart Association last presented nutrition guidelines for children, significant changes have occurred in cardiovascular risk factors and nutrition behaviors in children. Overweight has increased while saturated fat and cholesterol intake have decreased as percentage of total caloric intake. National survey data provides a better understanding of these factors and behaviors. New research is out on the efficacy of diet intervention in children. Also,

increasing attention has been paid to the importance of nutrition early in life, including in-utero.

A new scientific statement summarizes current available information on cardiovascular nutrition in children and makes recommendations for both primordial and primary prevention of cardiovascular disease beginning at a young age. Download the article at <http://circ.ahajournals.org/cgi/reprint/112/13/2061>.

## CDC's Statement Regarding Report on Food Marketing to Children and Youth

Janet Collins, Ph.D., Director, National Center for Chronic Disease Prevention and Health Promotion of the CDC released the following statement on December 6:

"Overweight and obesity are among the most important health problems we face as a society. Today's release of the Institute of Medicine report, 'Food Marketing to Children and Youth: Threat or Opportunity,' serves as a reminder that it will take a sustained effort over time

from business, government, schools, communities, and parents to improve the quality of diet for youth.

CDC appreciates the IOM's (Institute of Medicine) leadership in reviewing the effects of food marketing on children's diet and health. This report is a critical contribution to the growing body of literature and will help us better understand how to intervene successfully in reducing obesity in this country. (It) also helps illustrate that, with

the support of the food and beverage industries and other key private/public partners, we have an opportunity to improve our nation's health by promoting healthful nutritional habits."

For more information about this report, visit <http://www.iom.edu/project.asp?id=21939>.

For more information about CDC's recommendations for nutrition and physical activity, visit <http://www.cdc.gov/nccdphp/dnpa/>.



## Top Ten Ways to Help Children Develop Healthy Habits

1. Be a positive role model. If you practice healthy habits, it's a lot easier to get children to do the same.
2. Get the whole family active. Plan times for everyone to get moving together. Everyone will benefit from exercise and time together.
3. Limit TV, video game and computer time. These lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease.
4. Encourage physical activities that children really enjoy. Every child is unique. Find activities that he or she really loves doing. They'll stick with it longer if they love it.
5. Be supportive. Focus on the positive; praise a job well done. Celebrate successes and help children and teens develop a good self-image.
6. Set specific goals and limits, such as one hour of exercise a day or two sugar desserts per week. Goals that are too abstract or limits too restrictive limit the chance for success.
7. Don't reward children with candy and snacks; it encourages bad habits. Find other rewards.
8. Make a game of reading food labels. The whole family will learn what's good for health and be more conscious of what they eat.
9. Make dinnertime a family time. When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much.
10. Stay involved. Be an advocate for healthier children. Insist on good food choices at school. Make sure healthcare providers monitor cardiovascular indicators like BMI, blood pressure and cholesterol.

Get more on these tips from the American Heart Association at <http://www.americanheart.org/presenter.jhtml?identifier=3030485>.

## Child Abuse Prevention Curriculum

GOOD-TOUCH/BAD-TOUCH® is a child abuse prevention curriculum designed for pre-Kindergarten through sixth grade students. It is a tool to teach children the skills they need to prevent or interrupt abuse in their own lives. Children learn what abuse is; are given prevention skills including personal body safety rules; and are motivated into action if threatened.

Visit the Web site of Prevention and Motivation Programs, Inc., a non-profit organization which created the curriculum, at <http://www.goodtouchbadtouch.com>.

# ADOLESCENT HEALTH

## Fostering Hope: Preventing Teen Pregnancy Among Youth in Foster Care

Foster care youth are at significant risk for teen pregnancy. One recent study of youth transitioning out of foster care found that nearly half the girls had been pregnant by age 19. Even so, practitioners report that much of the focus in the foster care system to date has been on helping parenting teens and their children while much less effort has been focused on helping foster care youth avoid pregnancy in the first place.

In an effort to help foster care youth avoid too-early pregnancy and parenthood, the National Campaign to Prevent Teen Pregnancy and UCAN (Uhhich Children's Advantage Network) have collaborated on a new report, *Fostering Hope: Preventing Teen Pregnancy Among Youth in Foster Care*.

ter Care.

The 28-page report provides (1) quantitative research on the high rates of teen pregnancy among foster care youth, (2) important new qualitative research presenting findings from Chicago-area focus groups in which foster care youth (some who are already teen parents) and foster parents were asked about their perspective on teen pregnancy, and (3) results of an online survey of Chicago-area child welfare service providers.

The report is available to purchase or download from the National Campaign's website, <http://www.teenpregnancy.org>. For more information about UCAN, please visit, <http://www.ucanchicago.org>.



## Condom Use Lowers Risk of Contracting Genital Herpes

A recently published study, "The Relationship between Condom Use and Herpes Simplex Virus Acquisition," indicates men and women can lower their risk of acquiring herpes simplex virus type 2 (HSV-2), the cause of most genital herpes, by consistently using condoms. The 18-month study found that participants who used condoms at least three-quarters of the time were one-quarter less likely to acquire HSV-2 than other participants. The full study from *Annals of Internal Medicine* is online at <http://www.annals.org/cgi/content/abstract/143/10/707>.

There is no treatment to cure herpes, but antiviral medications can shorten and prevent outbreaks. The surest way to avoid transmission of genital herpes is to abstain from sexual contact, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.

## Obesity Fact Sheets Online

The CDC Division of Adolescent and School Health has released state Obesity Fact Sheets on the Healthy Youth Web site which can be accessed at <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.

These fact sheets contain results from weighted YRBS and School Health Profiles data related to obesity among youth. The YRBS results describe the problem by identifying the percent of high school students who are overweight, engage in unhealthy dietary behaviors, or are physically inactive. The profiles results describe characteristics of health education, physical education, opportunities for physical activity, and the school environment among middle/junior and senior high schools that may help address the problem.



## Safe Kids/KDOT Offering Free Bicycle Helmets

Through a sponsorship from KDOT, bike helmet grants are available through Safe Kids Kansas



to local communities across the state. Local organizations and businesses may apply for up to 50 free helmets to distribute at a community event. Distribution of the helmets must include education on how to properly fit the helmet. An evaluation form is required to be submitted after the event.

To apply for the bike helmets, you must complete the application form and a helmet order form. To request the forms, contact Cherie Sage at 785-296-0351, or [casge@kdhe.state.ks.us](mailto:casge@kdhe.state.ks.us). Safe Kids Kansas also has three bike rodeo kits, which include traffic cones, signs, flags and a notebook with suggestions on how to set up and execute a successful bike rodeo. These kits are available on loan for your local event. For more information, or to reserve a kit, contact Jeanette Shipley at 785-296-4491 or [jshipley@kdhe.state.ks.us](mailto:jshipley@kdhe.state.ks.us).

**There is always one moment in childhood when the door opens and lets the future in.**  
— **Graham Greene**

## New Focus at GirlsHealth.gov

The Department of Health and Human Services Web site, GirlsHealth.gov, has a new Spotlight Celebrity. Rachel Reizner is an 11-year-old with a passion for volunteering. After her cousin died of cancer, Rachel cut off all her hair and donated it to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children. Rachel volunteers a lot of her time helping educate people about cancer. Read more about all the other things this busy 11-year-old does in her spare time and learn how you and others can make a difference in people's lives by volunteering! Visit: <http://www.girlshealth.gov>.

## A Broadcast on Vaccine-Preventable Diseases

A live, four-part satellite broadcast by the Centers for Disease Control and Prevention will take place February 9, 16, 23 and March 2, 11 am – 2:30 pm (CST).



This live, interactive program will provide the most current information available in the constantly changing field of immunizations. Faculty will include Donna Weaver, RN, MN; Judy Schmidt, RN, EdD; Andrew Kroger, MD, MPH; and William Atkinson, MD, MPH.

Session One will cover principles of vaccination, general recommendations on immunization, and vaccine storage, handling, and administration. Session Two will cover pertussis, pneumococcal disease (childhood), polio and Hib. Session Three will cover measles, rubella, varicella, and meningococcal disease. Session Four will cover hepatitis B, hepatitis A, influenza, and pneumococcal disease (adult).

Learn more about registration and available methods of participating in this broadcast at CDC's Public Health Training Network Web site: <http://www.phppo.cdc.gov/phtn/epv06/default.asp>.



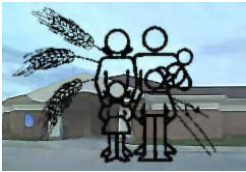
# PUBLIC HEALTH

## Exciting New Training Opportunities for Kansas Home Visitors

The Kansas Home Visitation Training Program is an exciting new program designed for all home visitors working with children and families. The program uses the Nebraska Home Visitation Training Curriculum, a six-day course designed to build the skills and capacity of home visitors to work effectively with families in the home setting.

Participants will learn:

- How ethics impact home visitation
- Care of self and safety
- Family development from a systems perspective
- The home visitor's role in relationship to culture
- Ways to effectively communicate and reflect



tively communicate and reflect

- Ways to assess families, and to document and set goals
- Community resources that can be accessed to help families reach their goals

The Kansas Home Visitation Training schedule for 2006 is:

### 1) Parsons

Dates: January 26 & 27; February 9 & 10; March 9 & 10, 2006  
Place: Parsons Public Library, 311 S 17th Street, Parsons  
Instructor: Diana Bain  
E-mail: [dianab@sek-cap.com](mailto:dianab@sek-cap.com)  
Phone: 620-724-8204

### 2) Manhattan

Dates: February 7, 8, 14, 15, & 28 and March 1, 2006

Place: Family Child Resource Center, West RM (lower level), 2101 Claflin Road, Manhattan

Instructors: Jamie Klenklen and Jane Stueve

E-mail: [jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us) or [jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us)

Phone: 785-296-1234 OR 785-296-1308

### 3) Topeka

Dates: April 19, 20, 21, 26, 27 & 28, 2006

Place: Capper Foundation, 3500 SW 10th Ave, Topeka

Instructor: Sabra Shirrell

E-mail: [sshirrell@cyfrc.com](mailto:sshirrell@cyfrc.com)

Register at <http://ks.train.org> for the above classes.

## Kansas Public Health Conference Coming in April

The Conference Committee invites you to the 2006 Spring Public Health Conference to be held on April 11, 12, and 13, at the Hyatt Regency Hotel in Wichita. This conference will focus on partnering and taking steps together to make our communities in Kansas, healthier places to live and grow.

Previous Spring conferences (MCH Conference, KPHA Conference, and the Public Health Nursing Conference) are combining to decrease participant time away from work, increase the variety of offerings, and create an atmosphere

where people can link with others to increase professional competency and reach Healthy People 2010 goals for Kansas.

The 2006 Conference theme is "Public Health in Kansas - Taking Steps Together." The goals of the conference are:

- 1) Share best practices in public health.
- 2) Promote partnerships at the local, regional, state, and national levels.
- 3) Increase effectiveness of public health leadership and management.

4) Increase public health workforce competency.

5) Discuss strategies to eliminate health disparities.

There are still several openings for presentations and the committee has extended the Call for Presentations. If you have a program or best practice to showcase, please submit it for consideration! For additional information or assistance, contact Julie Oler-Manske at [jolerman@kumc.edu](mailto:jolerman@kumc.edu) or 316-293-2626.

See page 10 of ZIPS for a flyer with other information.

**They had that special grace, that special spirit that says, "Give me a challenge and I'll meet it with joy."**

— Ronald Reagan

## Public Health Happens

Joe Kotsch, RN, BSN, MS; Perinatal Consultant

As my wife and I were traveling into Topeka on a somewhat well traveled two-lane road recently to a family holiday gatherings, we came upon a vehicle that had left the road due to the recent heavy snow our area had received. In the car were a mother and her infant child. The child had been restrained in a rear-facing infant passenger safety seat. As we attended the mother and her infant while awaiting the arrival of emergency personnel, it came to mind that this is a perfect example of how public health works across our state.

Here we were in the middle of a potentially life-threatening situation for mother and infant providing direct health care services.

We also experienced the good work performed by some other public health servant who had taught this mother the value of properly restraining her infant in a car seat. Further, the emergency personnel responded with on-the-site emergency medical care and transport to an area hospital for additional medical services.

Isn't it wonderful to be involved in public health! As this example illustrates, one never knows when circumstances will dictate that we as public health professionals will be thrown into the midst of a situation requiring our immediate attention. Further, it doesn't always take a Hurricane Katrina or other major disaster to pull at our heartstrings and goad us into action.

## Ask Ken!

(About CVRs)

**Q:** Can we mark M&I on the CVR if we do not have an M&I grant?

**A:** If you have an MCH grant then yes. M&I can be marked on the CVR if you provide a service including care coordination or referral of any sort of a pregnant woman to a resource/service. However, if you don't receive any MCH grant money, then you should not be completing CVRs.

**Q:** In Program 4 (M&I) – Infant, the HSHV, RN and Interpreter visit the baby. The RN does an assessment. How many CVR's are completed?

**A:** Two, one for the RN and one for the HSHV. If the RN sees the mother for any reason, then a CVR could be completed for Program #3, M&I PP. There is no CVR for the interpreter.

# SCHOOL HEALTH

## Kansas Schools Win Excellence Awards From Environmental Protection Agency

Beth Marolf, the Kansas Tools for Schools Coordinator with the Kansas chapter of the American Lung Association of Kansas (ALA/K), received notice from EPA National Headquarters in Washington that two Kansas school districts - Blue Valley USD 229 and Wichita USD 259 - will receive the two highest awards EPA gives for outstanding work in Indoor Air Quality (IAQ) management.

Tim Phares, Wichita, received the "Excellence in IAQ Management" award and Dave Hill, Blue Valley, received the "Sustained Excellence in IAQ Management" award from the



EPA, and will be recognized at their annual conference January 12-14 in DC.

"This is unbelievable to receive both awards in Kansas in the same year. Congratulations to Dave, Tim and Beth!" said Lynne Crabtree, ALA/K spokesperson.

The Wichita IAQ project is part of a Centers for Disease Control and Prevention (CDC) grant to implement an Asthma Friendly Schools Initiative (AFSI).

"Tim Phares has been an outstanding consultant to our AFSI project," Lynne said. Tim and his IAQ team have fully implemented Tools for Schools (TfS) in 101 buildings in the Wichita school district.

Dave Hill received the "Excellence in IAQ Management" award for the Blue Valley District at the EPA Tools for Schools Symposium in Washington in December 2002 for full implementation of TfS in 31 schools and related facilities. Dave and his IAQ team have now been recognized with the highest award EPA gives - the "Sustained Excellence Award."

Both Dave and Tim will receive scholarships to attend the EPA IAQ conference in Washington in January - along with full scholarships from EPA for Wichita school nurse Mandy Pilla and Beth Marolf to attend.

For more information about how to implement an Indoor Air Quality program at your school or for dates of training sessions in 2006, contact: Beth Marolf, Tools for Schools and Open Airways for Schools Coordinator, American Lung Association of Kansas at 785-247-0377 or e-mail her at [bmarolf@cox.net](mailto:bmarolf@cox.net).

## Workshop Helps School Nurses Help Students with Diabetes

The Kansas Department of Health and Environment Diabetes Prevention and Control Program, in conjunction with the Kansas Coor-



di-nated School Health Program, is offering five Coordinated School Health workshops for school nurses to help them learn how to better manage diabetes in students at their schools. One of the benefits of the training will be free resources for future use.

*Helping the Student with Diabetes Succeed: A Guide for School Personnel*, developed by the National Diabetes Education Program, is a user-friendly tool that provides school personnel with a framework for managing diabetes effectively in the school setting. The guide includes copier-ready action plans, a diabetes primer, and a review of school responsibilities un-

der federal laws. Come to the workshops and learn more about how you can help every student with diabetes succeed and receive a free copy of the guide for your health resource shelf.

The Coordinated School Health workshops will be offered in Chanute (January 10), Wichita (January 12), Dodge City (January 24), Oakley (January 25) and Topeka (January 27). [Go to page 9 of ZIPS for more information and for a signup form.](#)

Contact Teri Caudle with the Kansas Diabetes Prevention and Control Program at 785.368-7289 or [tcaudle@kdhe.state.ks.us](mailto:tcaudle@kdhe.state.ks.us).

**I trust the time is coming, when the occupation of an instructor to children will be deemed the most honorable of human employment.**  
— Angelica Grimcke

## Diagnodent Resources for Public Health and School Nurses

School nurses and public health nurses continue to utilize the Diagnodent dental device to conduct screenings on their students. If you are wanting to institute a dental screening program in your school or health department, contact Brenda Nickel at [bnickel@kdhe.state.ks.us](mailto:bnickel@kdhe.state.ks.us) and request a Grant Application Form to be sent to you. Once your application is completed and returned, should you be approved to receive a Diagnodent Dental Screening Device, Brenda will schedule training in-service with you.

For nurses already using the Diagnodent, remember to be thinking about securing funds from your agency or community for your supplies. Running low on toothbrushes or disposable barrier covers for your Diagnodent

Probe? Here are resources available so that you may order the necessary replacement supplies.

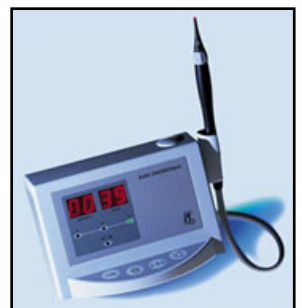
### Toothbrushes/Kindertool Toddler Toothbrushes

**Plak Smacker**  
(800) 558-6684  
Fax (909) 734-4750  
<http://www.plaksmacker.com>

**Prophy Perfect**  
(800) 776-3948  
Fax (715) 597-3797  
<http://www.prophyperfect.com>

**Venture Six**  
(800) 448-3686  
Fax (818) 762-3937  
No website

**POH Oral Health Products**  
(800) 331-4645  
<http://www.oralhealthproducts.com>



## EVENTS

### Whooping Cough Vaccination Recommended for Adolescents

The incidence of whooping cough in the United States has increased from a low of 1,060 cases in 1976 to more than 25,000 reported cases in 2004, and more than a third of the 2004 cases occurred in adolescents from 11 to 18 years of age. <http://www.healthinschools.org>

### Tidbit for Nurses

Nurses are America's most honest and ethical professionals, according to a new Gallup survey. Nearly 80 percent of the annual poll's participants ranked nurses "very high" or "high" for honesty and ethics. For more information, go to: <http://www.cbsnews.com/stories/2004/12/08/health/webmd/main659857.shtml>

### February is National Children's Dental Health Month

The American Dental Association produces a program planning kit for its state and local societies and dental alliances to assist them in local promotional efforts. Planning kits include a poster, planning workbook, suggested resources, reproducible handouts, and publicity information. Posters are also available to the dental societies for use in classroom visits. For more ideas and resources, go to <http://www.ada.org/prof/events/featured/ncdhm.asp>.

### Web Site for Pregnant and Parenting Teens

Young Mommies Unite is a Web site (<http://www.youngmommiesunite.com/>) for pregnant and parenting teens created by two former teen moms. It also supports and provides information about teen pregnancy prevention.

Formed by two teenage mothers, the organization aims to connect with teens on a peer level. The site offers support, information, links, advice, message boards, and chat.

### SAVE THE DATE!

The Kansas Fatherhood Coalition proudly announces the 4<sup>th</sup> annual KANSAS FATHERHOOD SUMMIT, **March 19-21**, at the Wichita Marriott. The summit is intended for social workers, nurses, counselors, home visitors, fathers, mothers, grandparents, Head Start staff, and community leaders. Key-note speakers include Jerry Tello, David Pate, Will Stovall and DJ Eagle Bear-Vanus. New this year are breakout sessions on Healthy Marriage, Grandparents and Domestic Violence in addition to the 16 Fatherhood track break-out sessions. Registration fee before February 20 will be \$25 for parents/caregivers and \$75 for practitioners. Contact Tammy Aguilar at 785-368-6350 or [txa@srskans.org](mailto:txa@srskans.org) for information or to register.

### SAVE THE DATE!



"Public Health in Kansas Taking Steps Together"

The Kansas 2006 Spring Public Health Conference to be held on April 11, 12, and 13, at the Hyatt Regency Hotel in Wichita. This conference will focus on partnering and taking steps together to make our communities in Kansas healthier

places to live and grow. Previous Spring conferences (MCH Conference, KPHA Conference, and the Public Health Nursing Conference) are combining to better serve health professionals in Kansas. Plan now to attend. See page 10 of ZIPS for more information on the conference.



## RESOURCES

The American Dietetic Association Foundation, the President's Challenge, and the General Mills Foundation are partnering to improve youth nutrition and fitness through an initiative called "**General Mills Champions for Health Kids.**" Grants will be awarded to community-based groups with a goal of encouraging communities to improve the eating and physical activity patterns of young people, ages 2-20.

Grantees must engage a registered dietitian in the program and should include at least one nutrition behavioral objective and at least one physical activity behavioral objective. Grants will be awarded to programs that demonstrate the greatest need and likelihood of sustainable impact. Fifty grants of up to \$10,000 each will be awarded. Eligible applicants include non-profit organizations with 501(c)(3) status.

**Deadline: February 1, 2006** - For complete program information and application guidelines please visit: <http://www.generalmills.com/corporate/commitment/champions.aspx>.

Do you have questions on how to access **medication assistance for clients**. Here are a couple of resources.

Drug companies usually have a program for people who need assistance, but there is paperwork and it takes a while. Still, it is worth calling and sometimes you can get requests expedited. You can usually find 800 #s for the companies in the PDR. There is also a website called <http://www.needymeds.com> that can be used for any drug company.

Also, try The Partnership for Prescription Assistance at 1-888-4ppa-now.(1-888-477-2669). Their website is <http://www.pparx.org>. They have a Kansas

specific site also. You can download and print their brochures-look under media on their website. They are extremely helpful, and answer with a Real Person right away.

The **Kansas Drunk Driving Prevention Office** offers a variety of resources for use by Parent Teacher Organizations and other civic groups to aid in the reduction of death and injury caused by drunk driving and underage drinking. Resources include information about state laws, risks of using alcohol, incentive items, a video library and presentations on a variety of related topics. For information about ordering materials/scheduling presentations, please contact Michele Cochran Reese, Kansas Drunk Driving Prevention Office, 1-877-715-3377 or [kddpp@ksna.net](mailto:kddpp@ksna.net).

The **American School Health Association** has a new handbook, "Protecting and Disclosing Student Health Information. How to Develop School District Policies and Procedures," which provides practical guidance to help school district personnel navigate the myriad and sometimes conflicting legal considerations connected to managing student health information. You can find ordering information at <http://www.ashaweb.org>.

**MedlinePlus** Web site will help answer health questions. The site brings together authoritative information from the National Library of Medicine, the National Institutes of Health, and other government agencies and health-related organizations. Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news. Bookmark <http://medlineplus.gov/> for easy reference.

**The only sure weapon against bad ideas is better ideas.**

— A. Whitney Griswold



**The State of Kansas  
Department of Health and Environment**

Bureau for Children, Youth and Families

Children and Families Section

1000 SW Jackson, Suite 220

Topeka, KS 66612-1274

Phone: 1-800-332-6262 (Make a Difference)

1-785-296-1307 (Administration)

*Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.*

**Welcome to ZIPS: Zero to Age 21 — Information Promoting Success for Public Health Professionals Working with Kansas Kids.** We hope this newsletter continues to be a useful resource for you, and we encourage you to give us your comments, feedback, and suggestions.

**Previous ZIPS can be found at:**

<http://www.kdhe.state.ks.us/c-f/zips/>

**Contact one of the following for more information on programs:**

**Joseph Kotsch, RN, BSN, MS**

Perinatal Consultant—785-296-1306

[jkotsch@kdhe.state.ks.us](mailto:jkotsch@kdhe.state.ks.us)

**Jane Stueve, RN, BSN**

Adolescent and School Health Consultant—785-296-1308

[jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us)

**Brenda Nickel, RN, BSN**

Child and School Health Consultant—785-296-7433

[bnickel@kdhe.state.ks.us](mailto:bnickel@kdhe.state.ks.us)

**Larry McGlasson, MPA**

Abstinence Education Consultant—785-291-3053

[lmcglasson@kdhe.state.ks.us](mailto:lmcglasson@kdhe.state.ks.us)

**Visit our Web site at:**  
<http://www.kdhe.state.ks.us/c-f>

## Celebrating Public Health Providers

(Continued from Page 1.)

### **Kansas School Nurses**

Nurses in Nemaha County, Lyon County, and in the Wichita Schools are exploring ways to improve the oral health and dental needs of all children through applications for Diagnodent dental devices. The Diagnodent is used for oral health screenings and nurses are learning about additional dental resources within their communities that will assist with dental care.

Kathy Hubka and two of her Early Childhood nurses are assisting with an excit-

ing grant project being explored in the Wichita area for children with special health care needs and access to dental care.

New school nurses are gaining confidence as they work with experienced school nurse mentors within their districts and throughout the state. I have been visiting daily with nurses across Kansas who join hands with our state and private educational systems to meet the health needs of our children and youth attending schools. School nurses are seeking out new and innovative ways to meet the ever-increasing needs of children whose families are struggling finan-

cially and emotionally. Even more exciting has been the inquiries made of me from education administrators who are gathering information about the health benefits that school nurses can bring to their districts!

Indeed, the upcoming year is a time for new goals and new beginnings! The challenges that will present themselves before us simply inspire us to think differently and become agents for change! Let's celebrate our roles in public health and look forward to opportunities that will help all of us to protect the health of Kansans in 2006!

## SAVE THE DATE! The Fatherhood Summit Is Coming

For the fourth year, the Kansas Fatherhood Coalition will present the Fatherhood Summit on March 19-21 to:

- Promote awareness of father/male involvement in Kansas
- Increase understanding of the importance and benefits of father/male involvement in parenting
- Furnish tools and information on how to build community fatherhood programs
- Develop organizational policies promoting father/male involvement
- Promote cooperation of fathers and mothers in the best interest of their children

The Summit is for families as well as family service practitioners. There will be much to learn and enjoy, and your heart may be touched by our line up of great speakers and presenters. Call Tammy Aguilar at 785-368-6350 or go to page 11 of ZIPS for information and to register.



*Kansas Department of Health and Environment*  
***DIABETES PREVENTION and CONTROL PROGRAM***  
*In conjunction with*  
***KANSAS COORDINATED SCHOOL HEALTH PROGRAM***

***Are you interested in helping your students with Diabetes  
succeed? Then this workshop is for you!***

*Helping the Student with Diabetes Succeed: A Guide for School Personnel* is a user-friendly tool that provides school personnel with a framework for managing diabetes effectively in the school setting. Come and learn more about how you can help every student with diabetes succeed and receive a free copy of the tool for your health resource shelf. An overview will be offered following the Coordinated School Health Workshops from 1:00pm to 3:00pm. For more information Contact Teri Caudle with the Kansas Diabetes Prevention and Control Program, Phone: 785-368-7289 email: [tcaudle@kdhe.state.ks.us](mailto:tcaudle@kdhe.state.ks.us)

Please check the date & location you plan to attend.

☐ January 10, 2006  
1:00pm-3:00pm  
1500 W. 7th  
Chanute, KS 666720

☐ January 12, 2006  
1:00pm-3:00pm  
130 S. Main  
Wichita, KS 67202

☐ January 24, 2006  
1:00pm-3:00pm  
302 W. McArtor  
Dodge City, KS 67801

☐ January 25, 2006  
1:00pm-3:00pm  
703 W. 2nd  
Oakley, KS 67748

☐ January 27, 2006  
1:00pm-3:00pm  
1515 SW 10th  
Topeka, KS 66612

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*School Name:* \_\_\_\_\_ *USD:* \_\_\_\_\_ *County* \_\_\_\_\_

*Address:* \_\_\_\_\_ *Phone* \_\_\_\_\_ *Fax* \_\_\_\_\_

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**ATTENDEES NAMES**

**TITLE**

**EMAIL**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Fax or Email form to Teri Caudle: (785) 296-8059 / [tcaudle@kdhe.state.ks.us](mailto:tcaudle@kdhe.state.ks.us)**

# SAVE THE DATE



## 2006 Spring Public Health Conference

**April 11-12 (General)**

**April 12-13 (MCH Training)**

Wichita Hyatt Regency Hotel  
400 W Waterman St.  
Wichita, KS 67202

Contact: [dfromer@kumc.edu](mailto:dfromer@kumc.edu)



Heartland Center  
for Public Health Education & Training  
Baylor University School of Public Health



Heartland Center  
for Public Health Preparedness  
Baylor University School of Public Health



Fourth Annual Statewide  
**KANSAS FATHERHOOD SUMMIT**  
**FATHERHOOD: BUILDING A LEGACY**  
 March 19-21, 2006  
 The Marriott in Wichita

**Schedule of Events**

**Sunday, March 19, 2006**

*Lunch on your own - Exhibits*

12:30-2:00 Registration

2:00-3:00 Music, Welcome and Opening

3:00-4:30 Parent Panel (Moderated by Thomas Johnson)

4:30-6:00 Hotel Check In and Break

6:00-7:30 Banquet, Entertainment and Keynote - Jerry Tello, *My Father's Hat*

**Monday, March 20, 2006**

*Breakfast on your own - Exhibits*

8:00-9:00 Registration

9:00-10:30 Session 1

10:30-11:00 Networking

11:00-12:30 Session 2

1:00-3:00 Entertainment and Luncheon Address -

David Pate, *Reaching Common Ground between Fatherhood & Domestic Violence Programs*

3:15-4:45 Session 3

*Supper on your own*

**Tuesday, March 21, 2006**

*Breakfast on your own - Exhibits*

8:30-9:30 Morning Keynote - Will Stovall, *The Importance of Dads and Strong Male Role Models*

9:45-11:15 Session 4

11:45-2:00 Lunch and Closing Keynote - DJ Eagle Bear Vanas, *The Father Factor*

**Accommodations**

- A block of rooms has been reserved at the Wichita Marriott for summit participants at the special rate of \$83.00 plus tax.
- Please refer to the Kansas Fatherhood Summit when making your reservation directly with the hotel at 800-610-0673 by February 25, 2006.
- After February 25, 2006 reservations will be made on a space available basis at the usual rate.
- Please have your credit card ready.

**New this year!**

\* Healthy Marriage Track

# Grandparent Track

+ Domestic Violence Track

**Circle one from each session.**

**Session 1, Monday 9:00 - 10:30**

A. Kansas Healthy Marriage Initiative\*

B. Grandfathers Raising Grandchildren#

C. Breaking the Myths of Domestic Violence+

D. Who Invited You Anyway?

E. In the Beginning: The Importance of Father Involvement From Prenatal to Preschool

F. Internet Investigation

G. Keeping the Faith: A Multi-Faith Perspective on the Role of Fathers in Families

**Session 2, Monday 11:00 - 12:30**

H. How to Assess a Healthy

Marriage/Relationship\*

I. Legal Rights of Grandparents#

J. Parenting Your Child After Sexual Assault+

K. Becoming a Military Family in a Civilian World: The Effects of Deployments on Families

L. Education's Role on Managing Grief: The Chronic Illness Context

M. Fathers & Jobs

N. Ethics

**Session 3, Monday 2:45 - 4:15**

O. Love U 2\*

P. Empowering Grandparents#

Q. Parenting After Domestic Violence+

R. Fathering Skills Needed for Teen Years

S. El Dorado Incarcerated Dad's Program

T. Daddy, Where Do Babies Come From?: Teaching Responsible Sexuality

U. Getting Men Involved!

**Session 4, Tuesday 9:45 - 11:15**

V. A Man of His Word\*

W. Second Parents: Claiming your Place#

X. Collaboration with Domestic Violence Programs+

Y. Kansas Assessment

Z. Talking With Your Kids About Sex

AA. The Leading Man - Inspiring Men to Fulfill the Role of Dad

BB. Mom & Dad Raising Children, But Living Apart

**Registration for Kansas Fatherhood Conference**

Name\_\_\_\_\_

Address\_\_\_\_\_

City, State\_\_\_\_\_

Zip Code\_\_\_\_\_

Phone\_\_\_\_\_

E-Mail\_\_\_\_\_

Parent\_\_\_ Grandparent\_\_\_ Other\_\_\_

Profession (Ex. SRS, Health Dept.)\_\_\_\_\_

I would like to receive a quarterly newsletter on Fatherhood issues?

Yes\_\_\_ No\_\_\_

**I will attend the banquet on Sunday, March 19, 2006.**

Yes\_\_\_ No\_\_\_

**I will attend lunch on Monday, March 20, 2006.**

Yes\_\_\_ No\_\_\_

**I will attend lunch on Tuesday, March 21, 2006.**

Yes\_\_\_ No\_\_\_

Vegetarian Meal Yes\_\_\_ No\_\_\_

**You will be registered upon receipt of payment.**

**Sunday only - \$15.00 for parent/caregiver**

Early Bird before February 20, 2006

Parent/Caregiver \$25.00

Practitioner \$75.00

**After February 20, 2006**

Parent/Caregiver \$35.00

Practitioner \$100.00

**Submit Completed Registration & Checks Payable to:**

**Kansas Fatherhood Summit Registration**

**C/O The Donna Veatch Group**

**122 Teton Ridge Drive**

**Lake Winnebago, MO 64034**

**Phone: 816-537-7801**

**Fax: 816-537-7802**

**Required information for CEU's**

Professional Discipline/License Number

\_\_\_\_\_